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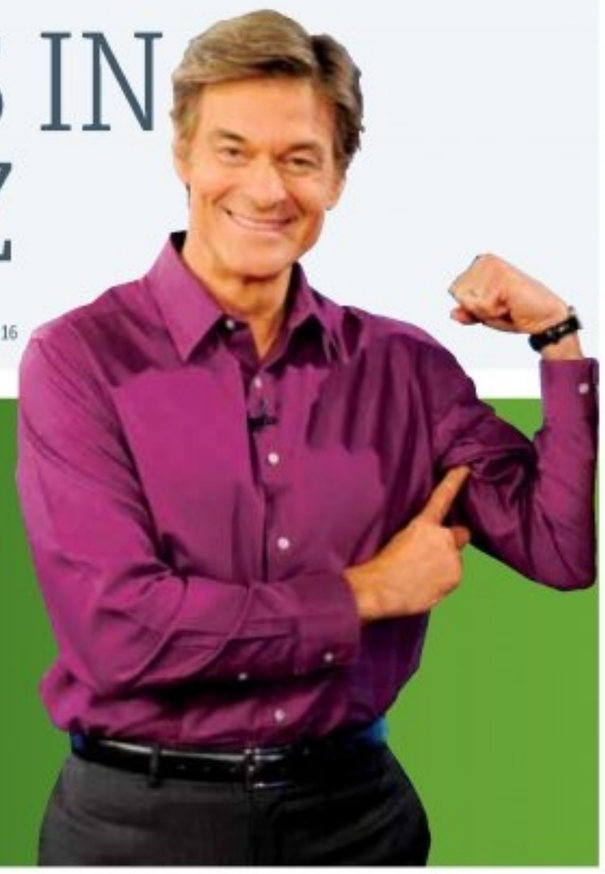
METRO SPENDS A BUSY DAY WITH DR. OZ. PAGE 16



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BOSTON Wednesday, July 10, 2013 www.metro.us | t: MetroBOS | f: MetroBoston

All sights set on Tsarnaev PAGE 06

Accused Boston Marathon bomber Dzhokhar Tsarnaev, 19, is scheduled to be arraigned in federal court in South Boston today. It is the first time he will be seen since his arrest. / NICOLAUS CZARNECKI, METRO AND GETTY IMAGES

Documents: Hernandez argued with investigators

Open up. Documents unsealed yesterday detail the searches of former Patriots tight end Aaron Hernandez's home, cars and locker at Gillette Stadium looking for evidence in the fatal shooting of Odin Lloyd. PAGE 02

Maya Rudolph has comic weapons

PAGE 10

Bulger, Weeks swap F-bombs during trial

PAGE 04

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Top 3

What's trending online at Metro.us

1 'Apple to give away free apps starting Wednesday'

2 VIDEOS: 'Cute dogs to get you through the dog days of summer'

3 VIDEO: 'Amputee builds Lego leg'

Correction

Tuesday's edition gave the incorrect date for the arrest of former Patriots tight end Aaron Hernandez. He was arrested and charged with murder on June 26. Metro regrets the error.

Hyde Park

Human remains found along Neponset River

Human remains that were discovered on the Neponset River banks late Monday night were so badly decomposed that investigators do not expect an identification, or a cause of death, any time soon.

The remains are believed to be that of an adult, according to Suffolk District Attorney spokesman Jake Wark. Investigators will comb through missing persons reports, as is protocol when remains are discovered. METRO

New senator

Markey to be sworn in next week

Senator-elect Ed Markey will be sworn in as the state's new senator next week.

Markey's office said yesterday that he will be sworn in July 16, according to the Globe.

Markey / NICOLAUS CZARNECKI, METRO

The Malden resident and veteran congressman defeated Republican challenger Gabriel Gomez in a special election last month to replace former senator John Kerry, who left to become secretary of state. He becomes Massachusetts' junior senator. METRO

Hernandez warrants show no jockstrap left unturned

Searched and seized. Search warrants were unsealed yesterday in the Aaron Hernandez homicide case.

Search warrants in the Aaron Hernandez homicide probe were unsealed yesterday, making it clear that investigators meticulously combed through the former New England Patriots player's life to see if he was connected to the execution-style slaying of semipro football player Odin Lloyd, 27, of Dorchester.

A judge granted a motion made by several media outlets to release the search warrants, saying he would do so by 2 p.m. yesterday if prosecutors and defense attorneys did not challenge it.

According to the documents, police searched Hernandez's home and cars, as well as his locker at Gillette Stadium, and seized electronic devices, including an iPhone 5, a Blackberry, three iPads, a digital video recorder and a hard drive.

According to the documents, Hernandez "became argumentative" with investigators when they interviewed him at his North Attleboro mansion, and asked, "What's with all the questions?" Police also claim that Hernandez "slammed the door and (locked) it behind him" when they told him they were investigating a death.

His live-in girlfriend, Shayanna Jenkins, allegedly told investigators that Lloyd smoked and dealt marijuana. The court documents claim that Lloyd sent Hernandez the text message, "We still on," at 12:22 a.m. on June 17. Lloyd's body was found later that day, riddled with bullets.

Hernandez has pleaded not guilty to the homicide.

Analysis

Inside information

Investigators searched cars in Hernandez's possession, including his Hummer, for "trace/biological evidence," including DNA, blood, saliva, skin, gunshot residue, finger and palm prints, firearms, ammunition and footwear impressions.

Hernandez's cell phone was scoured for texts, voice mails and calls related to Lloyd's death.

Police took from his North Attleboro home a gunshot residue kit, a rifle, ammunition, four pairs of Nike sneakers, a duffle bag, a wrist watch, a scale located in a safe and clothing.

Investigators searched the contents of his team locker, but no items were seized.

A police cruiser is parked outside Hernandez's North Attleboro mansion in this file photo taken prior to his arrest. / NICOLAUS CZARNECKI, METRO

MORGAN ROUSSEAU
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Cyclist struck by Boston police cruiser

The area surrounding the crash was blocked off for several hours. / NICOLUAS CZARNECKI, METRO

A 63-year-old cyclist was taken to Massachusetts General Hospital yesterday morning after he was struck by a Boston police cruiser at 8:30 a.m. in front of Boston Municipal Courthouse.

About nine hours after the incident, Boston police confirmed that the police cruiser struck the man, but did not say what caused the accident.

"The cause of the accident is still under investigation, and no violations or charges have been issued," police said in a statement.

Witnesses on scene said that a police car hit the cyclist on New Chardon Street near the corner of Merrimac Street, and that the man was knocked off his bike.

The victim, who was not identified, suffered non-life-threatening injuries. Police said the officer was taken to Tufts Medical Center, also with non-life-threatening injuries.

A witness told WHDH-TV that the victim's helmet flew off, and he rolled under the police car, which lost its side rearview mirror. The officer reportedly stopped, exited the car and called an ambulance.

One witness said the cyclist worked nearby. The road was blocked off until about noon.

Anyone with information related to the accident is asked to call detectives at 617-343-4470. MORGAN ROUSSEAU

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Attempted murder. Mom accused of attacking child with hedge clippers

A Westwood woman who allegedly attacked her daughter with electronic hedge clippers early Monday morning is facing attempted murder charges.

Maureen Mullin also faces charges of mayhem, assault and battery on a child with injury and assault and battery with a deadly weapon, according to a report by Westwood Patch.

"The weapon used in this case was a garden tool — more specifically hedge clippers," Westwood Police Chief Jeff Silva told WCVB.

Police were called to the home at 126 Pond St. for a report of a "violent" domestic disturbance. The father of the child was able to intervene in the assault and stop further harm from being done.

Mullin and her daughter are currently recovering at a Boston hospital. METRO

Wind power

Group urges study on turbines

A Cape Cod lawmaker and environmentalists are pushing for a study of the health effects of wind turbines on residents who live near the energy-producing machines.

Rep. Sarah Peake, of Provincetown, told lawmakers on the Public Health Committee yesterday that passage of her bill would not cost the state anything because there are health experts and citizens who are "ready and willing and able to study this issue." SHNS

Expletive-laced shouting match during Bulger trial

Confessed mobsters Stephen Flemmi, left, and Kevin Weeks, with his back to the camera, are shown meeting with James 'Whitey' Bulger at a local ball field in this surveillance image released in court. / U.S. ATTORNEY'S OFFICE

Whitey trial. Former mobster Kevin Weeks and 'Whitey' Bulger exchanged F-bombs in court yesterday.

Kevin Weeks is apparently still mad at James "Whitey" Bulger for allegedly being an informant, and he told his former mob associate "f— you" during an expletive-laced shouting match in court yesterday.

The outbursts took place after Bulger lawyer J. W. Carney Jr. pressed Weeks during cross-examination. He repeatedly asked Weeks if he beat the system and "won" because he was able to reach a plea deal with the government.

"It bothers me," Weeks said. "Five people are dead. … We killed people for being rats, and I had the two biggest rats right next to me."

At that point, Bulger, sitting just a few feet away from the witness stand where Weeks was seated, said something inaudible to Weeks.

"F— you," Weeks angrily shot back at Bulger.

"F— you," Bulger responded.

Judge Denise Casper then raised her voice to get both men to stop. She told Bulger that his lawyers would be the ones to speak for him in court.

MICHAEL NAUGHTON
michael.naughton@metro.us

Quoted

"Why don't you call me [a rat] outside and we'll see what happens?"

Weeks to Bulger's lawyer

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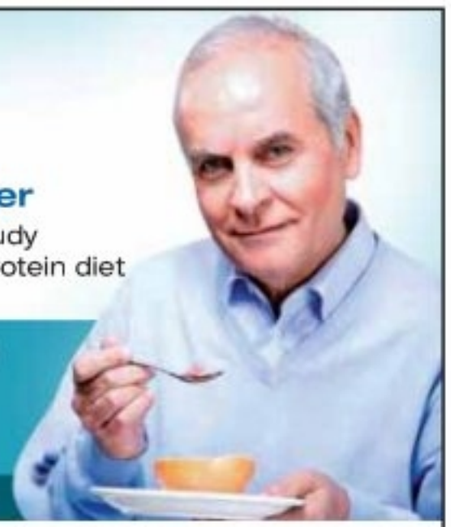

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Marathon bomb suspect.
Accused terrorist due to make first appearance

For the first time since his dramatic April 19 arrest, accused Boston Marathon bomber Dzhokhar Tsarnaev will not only face a judge today at his first appearance in federal court but also a roomful of innocent victims.

Tsarnaev, 19, faces charges in connection with the deadly April 15 terror attack that killed three marathon spectators and the subsequent manhunt that began with the execution-style murder of an MIT officer, and eventually, Tsarnaev's arrest.

The hearing is set for 3:30 p.m. on the fifth floor of Moakley Federal Courthouse, steps away from where alleged South Boston mobster James "Whitey" Bulger is on trial.

A large turnout is expected at today's court proceedings, according to the U.S. Marshals Service. Bombing victims — of which there are more than 260 — were also notified of the hearing.

Family support?

After bouncing back and forth in media interviews, Tsarnaev's mother Zubeidat Tsarnaeva, who has adamantly proclaimed her son's innocence, told The Daily Telegraph that she will not travel from Dagestan to attend today's hearing.

- "No, I will not be going," she told the U.K. paper.

"Peaceful demonstrations" are also planned outside the courthouse, according to an organization that believes Tsarnaev is being held despite what they call "a lack of evidence."

A federal grand jury returned a 30-count indictment last month accusing the Kyrgyzstan-born teen of using a weapon of mass destruction and conspiracy. Seventeen of the charges carry a potential death penalty. **MORGAN ROUSSEAU**

New crop of cops join ranks in Hub, region

Seventy men and women who graduated from Boston Police Academy are recognized during a ceremony at IBEW hall in Dorchester yesterday. Fifty-five of the graduates will join the Boston Police Department; the rest will join 15 other departments throughout the city. The ceremony included badge pinning, special awards and remarks by several guests, including Mayor Thomas Menino and Police Commissioner Edward Davis.

NICOLAUS CZARNECKI, METRO

Housing matters

Menino takes on lead paint

Officials from Mayor Thomas Menino's office asked lawmakers yesterday to increase civil penalties for landlords who violate the state's lead paint law and boost tax incentives for those who de-lead their units. **SHNS**

Drunk dad?

Kid saves father in Fitchburg crash

The father of an 8-year-old Fitchburg boy who swam across a river and ran for help after their car plunged into the Nashua River has been charged with child endangerment and DUI.

Eugenio Garcia was allegedly heavily intoxicated when he crashed his car into a guard rail and flipped onto the shore of the river early Thursday. **METRO**

"I figured hey, I'm young, if I get a cough or the flu I'll just buy medicine at the drug store. Then I went to see the doctor. And learned that the lump I felt was breast cancer. They caught it in time... and today, I've got Chase."

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Canada. Quest begins for answers in deadly Quebec rail explosion

Investigators seeking the cause of the deadly train crash in the tiny Quebec town of Lac-Megantic were focusing yesterday on the train's brakes, the railway company's own regulations and whether Canada needs tougher train-transport standards.

Transportation Safety Board of Canada officials said more than a dozen investigators were examining every angle of the accident, in which a runaway train hauling 72 cars of crude oil derailed in the lakeside town and exploded. REUTERS

Dead or missing

50

About 50 people are either confirmed dead or are still missing, likely turning the accident into North America's worst rail disaster since 1989.

Crews dig through the rubble in the town center of Lac-Megantic in search of clues to the disaster. / GETTY IMAGES

Pilots union says crash probe revealed too much, too fast

Criticism. NTSB gave a detailed account of the flight's final minutes in a regular daily crash update.

An Asiana Airlines flight en route to South Korea taxis by the wreckage of Asiana Airlines Flight 214 as it sits on runway 28L at San Francisco International Airport. / GETTY IMAGES

The world's largest pilots' union rebuked the federal agency handling the investigation of the July 6 passenger jet crash in San Francisco, saying it had released too much information too quickly, which could lead to erroneous conclusions and compromise safety.

Releasing data from the flight's black boxes without full investigative information for context "encourages wild speculation" about the cause of the crash, the Air Line Pilots Association International said in a statement on Monday.

The National Transportation Safety Board is the lead investigator of Asiana Airlines Flight 214, a Boeing 777 that broke apart and burned after crash-landing short of the runway. Two teenage Chinese passengers were killed, and more than 180 others were injured in the first fatal accident involving a 777 since the plane was introduced in 1995.

Answering ALPA's criticism, NTSB spokeswoman Kelly Nantel said the agency routinely provided factual updates during investigations.

Quoted

"For the public to have confidence in the investigative process, transparency and accuracy are critical." Nantel

NTSB Chairwoman Deborah Hersman told reporters on Monday that the plane was significantly below its target landing speed for more than half a minute before impact. That information expanded on data Hersman released Sunday that indicated the plane was below speed during the final seven seconds.

Hersman said the plane was traveling at 134 knots, or nautical miles per hour, 34 seconds before impact, well below the target landing speed of 137 knots. The plane continued to slow down, and when it hit the ground the speed was 106 knots, she said.

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CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Ewan McGregor is feeling French and Mindy Kaling feels women are being shortchanged.

@mcgregor_ewan: Bonjour tout le monde.

@mindykaling: I have found, in my travels, that men's razors, men's deodorant, and men's watches are better than women's.

Nick Lachey sings for his dinner

Nick Lachey turned up the heat during a brief tour stop in New York on Monday to help launch Wendy's new Pretzel Bacon Cheeseburger with fans' love-filled tweets for its #PretzelLoveSongs campaign.

The '90s heartthrob, back on tour with a reunited 98 Degrees, gave an intimate performance at a Midtown Wendy's, singing songs based on some tweets about the burger chain's latest creation. Yes, you read that correctly.

"It's not the easiest thing to write a song out of tweets," Lachey said about Monday night's performance. He created a song especially for the event, serenading the crowd with lines like "Pretzel buns I am a fan... hashtag."

(The Word really wants to know what his paycheck was for this. Let's hope it wasn't just in Pretzel Bacon Cheeseburgers, even though the singer admitted that he's "a huge pretzel guy.")

Lachey was right back on the road after the event to prepare for the West Coast leg of the tour, where 98 Degrees performs alongside New Kids on the Block and Boyz II Men in a teen idol reunion tour collectively called "The Package."

Now 39, life on the road comes with different responsibilities for Lachey and his wife Vanessa, who are bringing their newborn son, Camden, along for the ride.

"It's cool to come offstage and know your family is there and your son is sleeping in a crib on the bus," he said.

— With reporting by Chris Longo

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

Ali Landry on her post-baby body

Former Doritos girl (and the former Mrs. Mario Lopez for a hot minute) Ali Landry is opening up about motherhood and body image in the new edition of The Bump. Basically, don't expect to see her in a bathing suit anytime soon after popping out a kiddo like those other stars who seem like they have something to prove.

"It's frustrating for me when I see moms in Hollywood on a magazine three months after having a baby in a swimsuit. It's really just not realistic for most moms, it just isn't. For me, personally, it takes nine months to put on that weight and it really takes nine months to take it off," says the mother of a son and daughter (with another one on the way!)

Talking points

Statham to get engaged to hot girlfriend

Jason Statham, The Word's second-favorite bald man next to Bruce Willis, is going to make it official with girlfriend Rosie Huntington-Whiteley, according to Us Weekly.

"I hear he'll propose soon," a source tells the magazine. The two have been dating for more than three years. "Their connection is very serious and physical." And Huntington-Whiteley herself clearly isn't bothered by their 19-year age difference. "I'm not interested in hanging out with boys," she recently said in an interview with Edit. "I have all the man I need."

George Clooney is on the market

My favorite piece of blond George Clooney arm candy, Stacy Keibler, is no longer his fancy plus one.

The two reportedly parted ways and have been trying to keep the split under wraps for as long as possible, according to Radar Online.

Don't worry, Stacy. We're sure there is a reality TV diving show in your future.

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‘Totally Biased’ and totally unrepentant

Stand up. W. Kamau Bell is attracting viewers with his controversial take on the news.

W. Kamau Bell says what he thinks. / MATTHIAS CLAMER, FX

Funnyman W. Kamau Bell has his own point of view, but that doesn’t stop him from taking on the day’s most controversial stories on his hit show “Totally Biased with W. Kamau Bell.”

Yet, timing will affect when he strikes.

“I wanted to talk about George Zimmerman ever since the show started, but the news cycle wasn’t on my side,” Bell says. “So I was waiting for the opportunity and then when I found it, I felt we leapt on it and really jumped on it with two feet.”

The opportunity came when jury selection began. Bell strongly suggested a panel consisting of Public Enemy’s Chuck D, an overweight version of Al Sharpton, the ghost of Malcolm X and “angry Bill Cosby.”

Yep, that should do the trick.

Bell is a San Francisco stand-up who was discovered by Chris Rock and given his own TV show last year. “Totally Biased” is drawing lots of positive attention for Bell’s sharp-witted and racially aware takes on current events, with The New York Times calling Bell “the most promising new talent in political comedy in many years.”

Starting in September, the series moves from once a week on FX to four times a week on the new FXX channel. “The thing that we’ve run into ... is that we’ve had too much material for each episode, so we’ve had to make some hard cuts,” Bell says. “So with four days you get to be in that area where ‘The Daily Show’ and ‘[The] Colbert [Report’] are in.”

Bell and the writers of “Totally Biased” are touring most major markets with a live show this summer.

“For me, I love standing in front of a screen yelling about the events of the day, but I also love yelling into a microphone about the events of the day without a screen behind me,” Bell says.

CHRIS JORDAN
letters@metro.us

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Rudolph's secret weapon

Interview. California girl Maya Rudolph talks about what came in handy for "The Way, Way Back."

Maya Rudolph has learned to be careful about giving herself a nickname around Sam Rockwell, as he apparently wouldn't stop working one particular moniker into conversation during interviews for "The Way, Way Back," their new comedy. "I referred to myself earlier in the afternoon as Mrs. Funbags, and it has not seemed to cease — which by the way, I'm very happy about," she says. "Not to mention it came out of my mouth. But I'm enjoying it. I hope when we're 80 I am known as Funbags."

Goofing off comes naturally to her. Most of the adult cast of "The Way, Way Back" — including Rockwell, Steve Carell, Allison Janney, Rob Corddry, Amanda Peet and Toni Colette — have backgrounds in improvisation, which was handy since co-writers and directors Nat Faxon and Jim Rash are big improvisers themselves. "It's more just like a natural part of Jim and Nat, so I knew it would come out here and there," Rudolph says. "But it wasn't necessarily like a 'Waiting for Guffman,' like a completely improvised movie — although that would be fun, too. It's just a natural … weapon. You bust it out. It's like nunchucks. I always carry nunchucks."

Yes, she insists, comedy is a weapon. "Sometimes a delicate weapon."

Rudolph and her co-stars speak fondly of their experience filming "The Way, Way Back," which is understandable since the film — set during summer vacation in a Massachusetts beach town — was also filmed during summer vacation in a Massachusetts beach town.

"It was rough, getting paid to eat lobster rolls," Rudolph jokes. "Yeah, New England summer is really pretty idyllic. Especially being there for the Fourth of July and being there with friends. [Faxon and Rash] wanted this experience to be what summers growing up on the East Coast were supposed to be. You really felt that the whole time we were making it. I think East Coast people — New Englanders especially — really appreciate summer. They don't take it for granted like we do out [in California]. It's like, 'Let's do this! It's time to get wet and burned and eat some stuff.' And then it's going to get cold again."

Maya Rudolph co-stars in the Sundance fave "The Way, Way Back." / GETTY IMAGES

NED EHRBAR
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App appeal

Shaping young minds

"The Way, Way Back" is a coming-of-age story for its 14-year-old protagonist, Duncan (Liam James), and on the set of the film James had an impressive handful of adult actors to help him come of age himself. At least Rudolph tried to keep it clean.

"We got into some stupid [iPhone] apps. That was my contribution to his youth — I introduced him to stupid apps," she says of goofing off with James. "There was a photo one, maybe it was OldBooth. I always turn people on to OldBooth. It's the one where you can stick your face into an old high school photo — like '50s, '60s portraits — and then you have, like, a crazy afro. It's enjoyable and it's G-rated."

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TV watch list

COMEDY

'Camp'

This is a new comedy/drama series about a sleepaway camp, which we're hoping will be as funny as "Wet Hot American Summer," but probably won't be. Also, Tom Green stars as a counselor in training. Spoiler alert: It's not THAT Tom Green.

SERIES PREMIERE, 10 P.M., NBC

DRAMA

'The Bridge'

This new show, starring Diane Kruger as an autistic detective investigating the grisly work of a serial killer along the Mexican border, should give us our mid-week murder fix between "Dexter" episodes. And, honestly, it looks like it could be a really good show.

SERIES PREMIERE, 10 P.M., FX

ALEXANDRA CAVALLO

This is not the Tom Green from "Freddy Got Fingered." / NBC

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PLUS

New shop

Fun finds

The creative minds at Savannah College of Art and Design set up a Web shop where students can showcase and sell their work. So far, Blake Lively, Susan Sarandon and Claire Danes are just some of the fans that shopped the site, which features more than 12,000 cool items, such as this adorable tea towel set by Meg Sutton ($42).

New for your kitchen

Improve your time spent whipping up meals with these. **TINA CHADHA**

Mrs. Meyer's Clean Day: Radish

Radishes are taking over the farmers' markets right now (we're especially smitten by the pretty pink watermelon variety). But you don't have to love eating the slightly bitter veggie to bring it into your home. Mrs. Meyer's Clean Day recently released the scent, radish, to its line of eco-friendly cleaning products. The cheery red packaging will help ease the pain of the pile of dishes waiting for you. **$3.99-$7, www.mrsmeyers.com**

Trudeau Over-the-Sink Cutting Board

Perfect for us city dwellers with challenged kitchens, Trudeau's new cutting board sits over the sink to maximize work space and has a built in bowl to hold one ingredient while we get to the next. But a heads up — it's a little rickety when used on a counter. **$26.99, www.shoptrudeau.com**

Dreamfarm Chopula

Australian brand Dreamfarm strives to solve problems in the kitchen. And while they haven't found someone to do the cleanup, their latest spatula will speed up your cooking time. The Chopula is flexible enough to slide under and flip your pancakes and eggs, yet rigid on one side so you can chop foods directly as they're cooking in the pan. Even better, the utensil is designed with a bend in the handle, allowing it to sit up on the countertop sans spoon rest. **$15.95, www.Dreamfarm.com**

Real estate

U.S. foreclosures decline

Fewer U.S. foreclosures were completed in May compared with a year ago, while the number of houses in the foreclosure process also declined as the market continued to heal, data analysis firm CoreLogic said yesterday.

There were 52,000 foreclosures completed, well below the 71,000 in May last year, CoreLogic said.

Prior to the housing market's collapse, completed foreclosures averaged 21,000 a month between 2000 and 2006. There have been approximately 4.4 million foreclosures finished since the start of the financial crisis in 2008.

Foreclosures are completed when a home is either seized by the lender or sold at auction.

About 1 million homes were in some stage of foreclosure as of May, down from 1.4 million a year earlier. **REUTERS**

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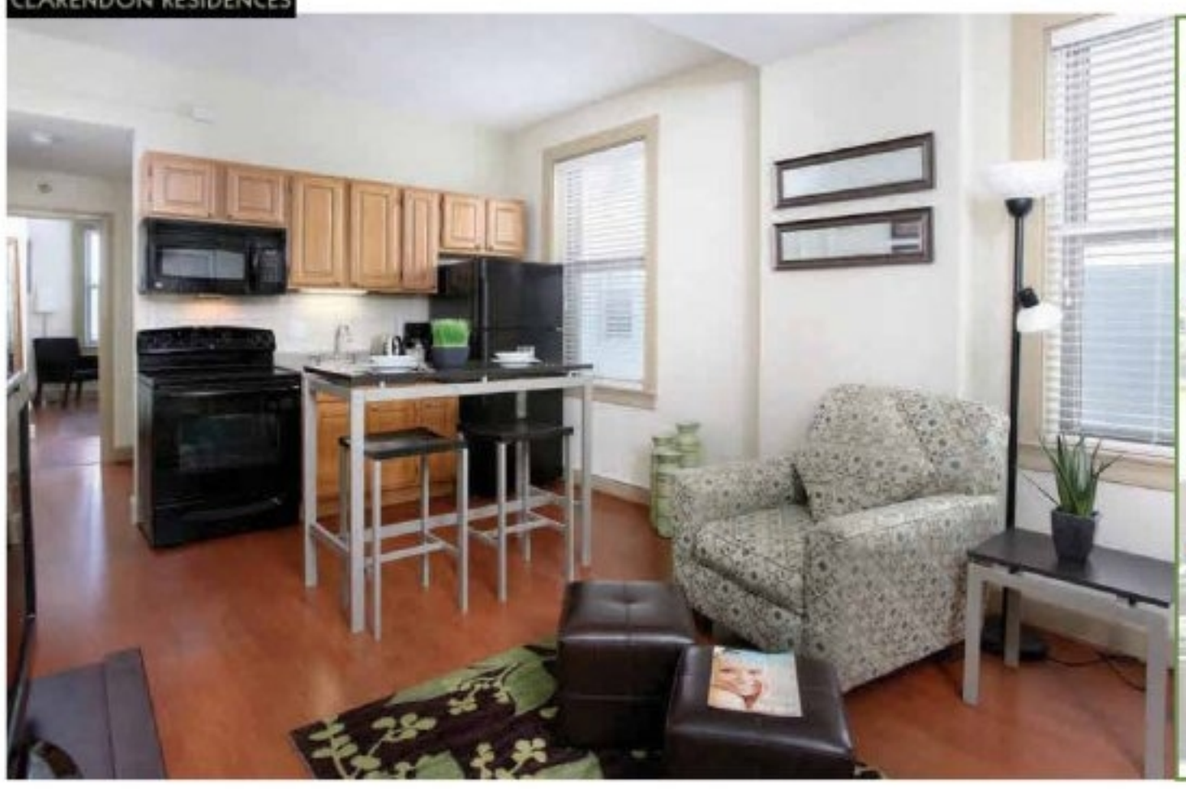

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Grilling without torching your house

'Cue up. An expert gives us the rundown on safe summer cooking practices.

With a few pro tips, you can man your home grill like an expert. / THINKSTOCK

The backyard barbecue is an American rite of summer and one of our favorite warm weather pastimes. But throw together hot coals, open flames and a fair amount of celebratory booze, and you have a recipe that doesn't always make for a safe — or happy — party. We asked master griller Chris Douglass, chef and owner of Ashmont Grill and Tavolo, for some pro tips on becoming your backyard's resident grillmaster this summer.

Grilling safely

Far too many of us think that grilling is a fail-safe, user-friendly activity. However, if you're not careful — and let the party distract you from the task at hand — what started as a fun summer pastime can quickly devolve into one big disaster.

"The best way to stay safe while grilling is to prepare well," says Douglass, who often gives grilling classes at his restaurants. "Before getting started on the cooking, make sure your grill is in good working order and is located in a safe, well-lit area away from any flammable materials or strong wind. It's helpful to have a clean work surface located right next to the grill.

"Gather everything you need before you start," he continues, "all the food, oil, salt, pepper, tongs, paper towels and a good grill brush for keeping your grill racks debris-free. Once you are all ready, light your grill.

"Whether using propane or charcoal, you will need about 20 minutes for the grill to get hot. After lighting the grill, and until you're completely finished cooking, the safest practice is for the cook to stay with the grill," Douglass advises. "Let someone else run into the house to grab you a beer."

Quoted

"To get the best flavor when grilling, I like using natural hardwood charcoal." Chris Douglass

Grilling tastefully

Now that you've got the safety tips down, it's time to focus on something almost as important: 'cueing up some tasty grub. Because, contrary to what our dear old dads might think, rubbery hot-dogs and charred, dried-out burgers do not a gourmet barbecue make.

"To get the best flavor when grilling, I like using natural hardwood charcoal," says Douglass. "To start the fire, use a charcoal chimney with some newspaper wadded up underneath. Do not use lighter fluid – ever. It is not only quite dangerous, but it leaves a bad taste on your food. Charcoal briquettes have chemical additives that also impart a bad taste. When the coals are glowing, spread them out a bit before cooking, but leave about a third of the grill with no coals at all on it. This allows for different temperature zones, ranging from very hot to low."

LINDA CLARKE
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Doing Business as a Condo Trustee

By Attorney George Warshaw

Are you the Trustee or Director of a condominium association? You may want to read this.

Trustees and Directors are volunteers – but that fact is often overlooked by owners, buyers and real estate brokers, and your time is often needlessly consumed. Here is how you can save time.

- Number one timesaver: amend your condo docs to authorize your property manager to sign 6 (d) certificates and condo questionnaires if your documents do not already permit it.
- Assemble a complete set of condo docs in PDF form for easy delivery via email to owners, buyers, brokers and lenders.
- Keep minutes of Trustee/Director Meetings in a 3-ring notebook. Scan them as a single PDF at the end of the year.
- Have your attorney prepare a comprehensive "Condo Questionnaire" that can be quickly delivered to mortgage lenders. Many will accept your form if it is complete.
- Have your attorney prepare a 6 (d) certificate form that complies with state law (many 6 (d) forms in use do not).
- File a new Certificate of Appointment with the Registry of Deeds whenever a Trustee resigns or is added to the board. This may avoid "due authority" questions later on.

Hopefully, this will make your life a little bit easier. © 2013 George Warshaw.

GWA

George Warshaw is a well-known attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts, and estate plans. George welcomes new clients and questions. Contact him at metro@warshawlaw.com

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Think you're busy?
Get a load of how the TV host (and still-practicing surgeon!) spends his days.

A day in the life of Dr. Oz

Tune into "The Dr. Oz Show" at 10 a.m. and 5 p.m. on FOX.
SONY PICTURES TELEVISION

In addition to hosting his Emmy-winning eponymous talk show, overseeing a nonprofit and readying to launch a magazine with Hearst, Dr. Mehmet Oz still has time to be a practicing cardiothoracic surgeon. He's also a family man, with a wife and four children, three of whom are in school. How does he juggle it all? We went straight to the source for answers.

5:45 a.m.: Rise and shine
Dr. Oz knows that the early bird gets the worm: "I get up at about quarter to 6," he tells us. Upon waking, Dr. Oz does a short, 10-minute workout "which is mainly yoga, with some calisthenics," he says. "I change those calisthenics a little bit, but they're essentially core work, so sit-ups, push-ups, etc."

7 a.m.: Get to work
After a morning shower, Dr. Oz commutes by car from his home in New Jersey to his TV studio in New York. "I'm here by like 5 of 7 because at 7 o'clock every morning, we start our meetings," he says. Dr. Oz tapes two shows a day and preps for both at the morning meeting: "We troubleshoot [and make any] last changes," he says. For breakfast, it's Greek yogurt, berries and a green juice — a mix of produce like cucumbers, celery, apples, oranges, lemons and limes — which he makes the night before.

8:30 a.m.: Rehearsal
"At 8:30 I go out to rehearse for an hour, and then I run back to the hardest part of my day, which is hair and makeup. Guys can't stand that stuff — you have to sit still and not do anything for 15, 20 minutes."

10 a.m.: Showtime
12 p.m.: Lunch
Dr. Oz's genial spirit comes through when he tells us about the cauliflower his wife, Lisa, made him for lunch: "Here, eat that, it's good," he says, offering us a bite.

12:30 p.m.: Meetings
Dr. Oz's life may sound glamorous, but he's still got to attend meetings just like the rest of us.

1:30 p.m.: Rehearsal for the second show

3 p.m.: Second show

5 p.m.: Final touches; prep for upcoming shows
After both of the day's episodes are taped, Dr. Oz runs upstairs to his studio to record voice-overs and promos for the local markets. "[What] people don't realize about television is it's a very local business," he says. "It's a national show, but you have to help the local people win their markets. So, you've got to give them stuff to help them tell the story." He also meets with his producers about the coming week's shows.

7 p.m.: Dinner
Dr. Oz heads home and settles into dinner with his kids — however many are home that night — and Lisa, a vegetarian, whom he calls "a great chef." What's on the menu at Chez Oz?

"She makes a great pasta [with] different kinds of pesto sauces, arrabiata sauces — she's really good at making that stuff come alive. She will cook tofu-based dishes quite a bit. She's great at squashes. She takes vegetables and she makes them taste out of this world. We'll have a big salad with different kinds of exotic dressings that she'll mix up. It doesn't take her hours and hours to make it."

8 p.m.: Unwind; prep for the next day's shows
"I rarely go out on weekdays, because I like to be rested for the next day," he says. "If I'm busy doing something else 'til 10 o'clock at night, I don't find that I'm as rested the following morning."

Instead, like a student studying for exams, the doctor readies himself for his next day's shows. "When I get home at night, I have all the scripts, so I'll go through those, and I'll study my medical notes," Dr. Oz tells us. He cops to a "terrible memory," but still manages to prepare himself by focusing on what he wants his viewer to take away from each show. "I try not to memorize [the material]," he says. "I try to understand it."

10:15 p.m.: Lights out
"I'm always in bed by 10:15 at the latest," says Dr. Oz, who gets about seven-and-a-half hours of shut-eye each night. "I fight for that. It's the most important thing I do. I won't take a phone call at 10:15 because anyone who's calling at 10 o'clock is gonna rile you up. … The No. 1 biggest mistake we make in America is not sleeping, by far."

Always in his bag: Nuts

Hazelnuts and cashews are his standbys, he says. "I go through them pretty quickly."

More on Mehmet

What about his other job?
With such a hectic schedule, it's easy to forget that Dr. Oz is also a practicing surgeon. How he makes it all work: He doesn't tape on Thursdays, instead spending the day at Columbia University Medical Center. Also, during the summer, his TV show doesn't tape, so he can work more at the hospital.

While there, he does grand rounds, where he trains younger doctors, and also meets with new patients and does surgeries. And just because he's Dr. Oz doesn't mean you have to wait years to get an appointment: "It's busy, but people get in," he says. "You have to wait a couple weeks, but it's not months and months."

Weekends in the Oz house
"I rarely leave my house on weekends," says the doctor, who calls himself a "complete hermit." "I just love, for roughly 48 hours, decompressing completely with no real worldly concerns, because during the week you're going full speed all the time." On his agenda? Sports ("I play a lot of basketball and tennis"), outdoors activities and movies with the family. And though Dr. Oz rarely drinks alcohol during the week, he does enjoy tequila on the weekends.

His parenting style
"I've always found that if I make it easy for them to do the right thing, they'll do it. So instead of saying 'Don't eat that candy,' I just don't bring any candy in the house. If they happen to bring candy from a friend, then they should eat it. I'm not gonna confiscate it and throw it away. Let them eat it and then move on."

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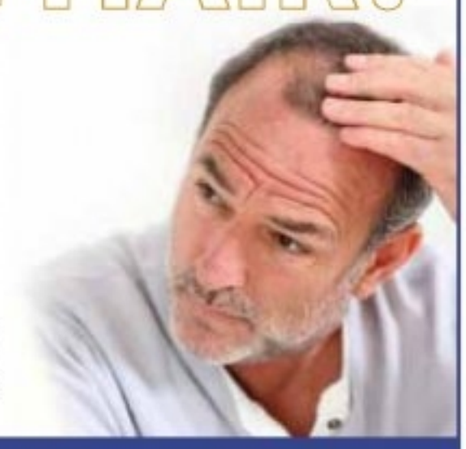
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30-Second Lifesaver

Repel ticks the right way

This week's tip comes from Staci Grodin, president of the Tick-Borne Disease Alliance (www.tbdalliance.org):

"Experts currently believe that the best protection against tick bites can be achieved by using a repellent that contains Permethrin on your clothes and other EPA-approved repellent on exposed skin. This easy step can protect against Lyme disease and a host of other confections carried by ticks."

Going for a hike? Make sure you're covered. / GETTY IMAGES, CREATAS RF

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Look of the Month – Summer Hair, Wet Styling

Brought to you by the professionals at Dellaria Salons.

With twenty-five locations across New England, Dellaria Salons has been a leader in the beauty industry for over fifty years, and provides all of it's clients with the convenience of quality professional products & superior styling techniques.

This month's tutorial is how to style wet hair this summer; go from the pool, lake or beach to cookouts & cocktails seamlessly with these quick & easy techniques. Not only will you look chic, but it's important to care for your hair after all the sun, wind and chlorine damage that summer can bring. Make sure you stop by your local Dellaria Salon for all of the best Framesi summer hair care products!

The tools you will need for this look are:
- ID XS Twist Curl Enhancer
- BY Slush Gloss
- ID Set Up Clay Styling Paste
- Paddle brush
- Elastic • Bobby pins

To ensure a beautiful summer look at the beach or poolside, Blanca of our Cambridgeside Mall location uses **Framesi's ID XS Twist Curl Enhancer** while the hair is still wet to create smooth, beachy curls. Take a nickel sized amount of product in your palms, and twist sections of your hair to create the waves. Once you've gone through your whole head, shake out your hair. To tame any remaining fly aways, add a little bit of **Framesi's BY Slush** Gloss. For girls with really curly hair, you can finish the look with a dime size amount of Framesi's ID Set Up Clay Styling Paste, and with your finger tips twist the curls around your face to make them more defined.

Another easy and fun way to style your wet hair after you've dipped into the pool would be a simple bun. Blanca recommends towel drying your hair a bit, then using **Framesi's ID XS Twist Curl Enhancer** for a frizz-free hold; emulsify the product into your hands and spread evenly through your hair from root to end. Take a paddle brush and gently smooth your hair into a high pony-tail. Use elastic to secure it, then gently comb through your pony-tail to get rid of any knots. Wrap the pony-tail smoothly into a bun and secure with a few bobby pins. You can also leave some pieces out for a more beach wave-y look!

(Featuring tips by Blanca of our Cambridgeside Mall Dellaria Salon)

Blanca has been working for Dellaria since 2004. She started in our Newton Centre salon, and then transferred to Cambridgeside Galleria. She has been in Cambridge for about 8 years, and really enjoys working with new clients and meeting exciting people. With the many surrounding hotels, hospitals and colleges, she gets to interact with lots of international clients, where her bi-lingual talents are most appreciated! Her favorite part about being a stylist is making people feel beautiful after her hard work. "I take pride in every client I perform services on. As a product junkie, I really recommend Framesi products! It makes my job easier when dealing with really long thick unruly hair."

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Trend of the week: grown-up overalls

They probably haven't been among your wardrobe staples since your were a toddler, but it's time to give overalls a second chance. The style has evolved beyond baby cord and paint stains, and has grown into a much sleeker look. Overalls have become the canvas, with brands painting stripes or dipping florals into dye. Pair printed versions with pointed heels for an office-smart look. But if you're a casual kind of girl, you're in luck, as denim is as popular as ever. Here are some of our favorites. KATHRYN GILBERT

House of Hackney

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Horoscope

♋ Cancer | June 21-July 22.
Your enthusiasm is likely to be contagious when associates witness your zest for life. Your joie de vivre helps others feel much better about their lives.

♌ Leo | July 23-Aug. 22.
Interesting events could generate additional earnings or income for you. Chances are, you'll drum up some new ways to acquire extra business.

♍ Virgo | Aug. 23-Sept. 22.
What makes you such a good salesperson is that you won't sell anything that you don't believe in. Your prospects will admire your credibility and will want to do business with you.

♎ Libra | Sept. 23-Oct. 22.
Don't be afraid to allow your generosity to prevail over your practicality. Remember the old saying: "From those to whom much is given, much will be required."

♏ Scorpio | Oct. 23-Nov. 21.
Even though you are likely to feel a strong need for companionship, you will nevertheless be very careful about whom you choose to spend time with.

♐ Sagittarius | Nov. 22-Dec. 21. If your goals seem easy to achieve, it will be because you haven't been motivated by selfish urges. Things always seem easier when we like what we're doing.

♑ Capricorn | Dec. 22-Jan 20.
You might be able to put something you recently learned to good use. It could have to do with maintaining a relationship.

♒ Aquarius | Jan. 21-Feb 18.
It might take a second or even a third effort to achieve an important career objective, but it will be well worth it. Once you set your sights on your target, never veer from it.

♓ Pisces | Feb. 19-March 20.
Your appreciation for everyone's point of view places you in the role of peacemaker. You'll have plenty of chances to use your gift.

♈ Aries | March 21-April 20.
Harmony in the workplace will pay off for everyone involved. Once a positive example is set and the entire crew sees what comes of it, everyone will happily follow suit.

♉ Taurus | April 21-May 21.
Being the smart person you are, you'll know that the best way to silence a griper is to smother him or her with affection. It's one of the most positive motivating tools you can use.

♊ Gemini | May 22-June 20.
The greater part of your efforts will be directed toward providing more for your family or co-workers. You'll be a beacon of strength and compassion.

BERNICE BEDE OSOL

Letters

Don't count your chickens until the trial is over

Re: 'Afford due process' (Metro, July 8) To letter writer Kevin Metz commenting that another letter writer needs to keep an open mind about the George Zimmerman trial, I would say that he should follow that same advice. I have followed the trial and there are numerous discrepancies in Zimmerman's various accounts of this very avoidable killing of a teenager armed with a bottle of soda and a bag of Skittles. Zimmerman in one version of events said that Trayvon Martin jumped out at him from some bushes, while in a video-taped accounting of events there are no bushes in the actual area. Another discrepancy would be Zimmerman claiming that he was told to get out of his car, when the actual audio tape contradicts this claim.

KEVIN VALENTINE, VIA EMAIL

Letter writer Kevin Metz apparently hasn't been watching the Zimmerman trial with an open mind himself. Zimmerman has claimed he killed Martin in self-defense, despite the lack of evidence or witnesses that he was ever in danger, plus the mounting evidence that he was the aggressor from the start. That he's maintained his story is not surprising given the charges against him. To plead otherwise is to confirm he's at best an irresponsible, trigger-happy idiot, and at worst a murderer. In his shoes, which way would you plead?

JOSEPH CONNELL, VIA EMAIL

Online

Read letters at Metro.us

In addition to news, features, updates and more, Metro is posting letters to the editor at Metro.us.

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

8	9				6		1	2
				9			6	3
			4					
2				6		3	7	
3			9	2	8			6
	6	4		1				9
					3			
1	7			8				
6	3		2				5	7

5		3	2	9				4
	1		5	7			8	
		7		8		1		5
	7		6					
				3				
					5		4	
2		1		5		6		
	6			2	9		7	
7				6	4	2		8

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across
1 Execs
5 Come across as
9 Portended
14 Linoleum measurement
15 Tearful request
16 Avoid capture
17 Plaid garment
18 Woes
19 Get soft
20 Performing (2 wds.)
22 Water or alcohol
24 Form of oxygen
26 DI, twice
27 Pro golfer Amy
30 Sang along (2 wds.)
35 Cultivate
36 Didn't spoil
37 Night attire
38 1040 agcy.
39 To the point
42 Lawn cover?
43 S&L customer
45 Seeger or Sampras
46 The "Rumba King"
48 Closet item
50 Sacred poles
51 Estuary
52 Lived
54 Stiff
58 Like the Cyclops (hyph.)
62 Writer Chaim –
63 Foreign visitors?
65 Broncos do it
66 Bizarre
67 Yield territory
68 French I verb
69 Reliance
70 Door openers
71 Fender nick

Down
1 Hammerhead kin
2 Cheshire Cat, finally
3 Brooks and Ferrer
4 Indelible designs
5 Faucet
6 Ms. DeGeneres
7 Sushi morsel
8 M, to Einstein
9 German capital
10 Noted Hamlet portrayer
11 Trick
12 Hagman co-star
13 Parking-lot mishap
21 Ancient Mexican
23 Leaves unmentioned
25 Bailed out
27 Diva's tunes
28 Type of conifer
29 Kid who rode Diablo
31 Aunt Bee's charge
32 Be evasive
33 Hardhat's support (hyph.)
34 Frog relatives
36 Trouser part
40 Ms. Winfrey
41 Mademoiselle's school
44 Night frights
47 Said
49 Price tag
50 Gets nervous
53 Folk singer — Guthrie
54 Pickle or jam
55 Circuit
56 Bering Sea island
57 Oh, gross!
59 Hairy humanoid
60 Pull down
61 Remnant
64 Doctor's payment

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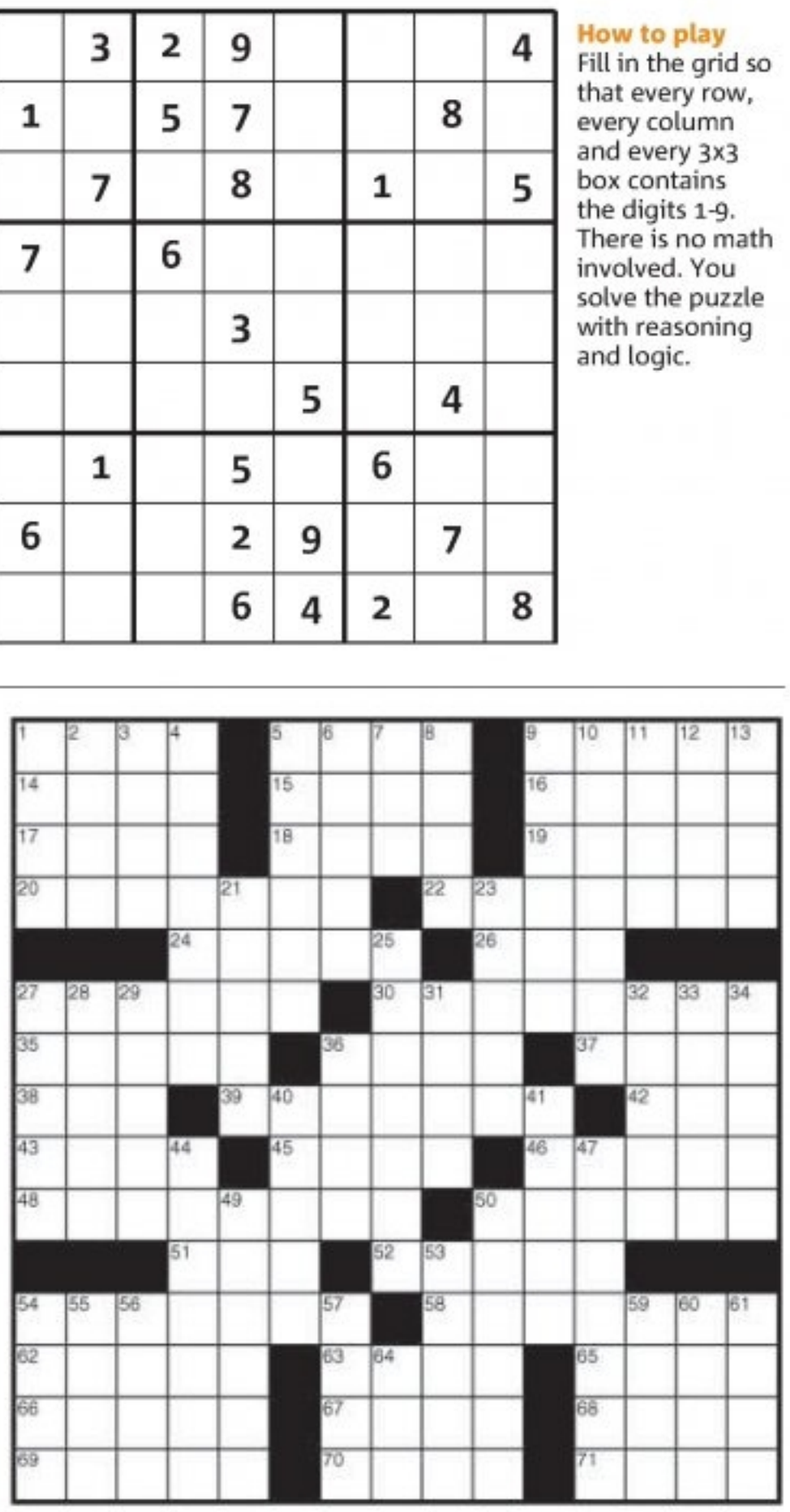

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Find a recap and video of last night's Red Sox-Mariners game at: Metro.us/sports.

NHL GMs may soon find bargain-basement prices

NHL. Teams spent wildly in the early going of free agency, and the madness isn't over yet.

Jarome Iginla will be in a Bruins uniform next season, but it's unclear if Brad Marchand will be. Marchand's name was dropped in several trade rumors yesterday. / GETTY IMAGES

NHL free agency officially opened July 5 and, fittingly, on the long holiday weekend, GMs spent like drunken sailors. When the smoke had cleared by the end of business on Sunday, almost all of the best players were off the board, with teams left to sift through the Jaromir Jagrs and Ilya Bryzgalovs of the world.

The biggest story has been the immense paydays for some of the better right wings in the NHL: Former Bruin Nathan Horton agreed to a seven-year deal with Columbus for $37.1 million, while former Devil David Clarkson signed a similar contract (7 years, $36.75 million) with Toronto. Some of the more interesting moves included center Mike Ribeiro signing a four-year deal with Phoenix (which, surprise, still has a team) and goaltender Ray Emery taking a one-year deal to go from Chicago to Philadelphia, where he could potentially be the starter, because who trusts Steve Mason? There was also Daniel Alfredsson going to Detroit and Jarome Iginla choosing Boston this time after he spurned them at the last minute of the NHL trade deadline.

Smart GMs will realize that the free agents that they sign over the next few weeks could potentially turn out to be important given that they'll come at a much cheaper price than the headline acquisitions. Center Mikhail Grabovski, who was bought out by the Maple Leafs, is an intriguing talent for an offensive-minded team, while right wing Damien Brunner (formerly of the Red Wings) is a solid player also capable of being a top-six forward. Legendary right wing Teemu Selanne recently turned 43, but he can still play. Most feel that if he returns for another season it will be in Anaheim, but after Alfredsson's move and winger Bobby Ryan's trade to Ottawa, there are a few places Selanne could now land. Veteran defensemen Marek Zidlicky (New Jersey) and Ron Hainsey (Winnipeg) will also have jobs soon enough.

There is a severe lack of quality goaltenders left on the market, but Tim Thomas is apparently intent on returning to the NHL after his self-imposed year off last season. The Flyers originally made perfect sense for him, but that move is now highly unlikely.

RICH SLATE
sports@metro.us

Red heads west

Brian Scalabrine / GETTY IMAGES

Scalabrine lands on Warriors bench

The Kevin Garnett-era Celtics are fleeing Boston at a rapid rate.

Brian Scalabrine, a fan favorite on the 2008 championship squad, is set to become an assistant coach for Mark Jackson's Golden State Warriors.

Scalabrine was a Celtics analyst last season for Comcast, filling in often for Tommy Heinsohn and doing studio work.

MATT BURKE

Jilted lover

Jason Collins' ex 'deeply hurt'

Jason Collins, the NBA player who came out as gay in April, is feeling the heat from his former fiancee, who says she is hurt that Collins wasn't more up front with her regarding his sexuality.

"A month before I was set to marry the man I loved, he called off the wedding, [and] I had no idea why," Carolyn Moos told Cosmopolitan. "He and I had been together for eight years. We planned to have children, build a family. Nearly four years later, I got my answer."

MATT BURKE

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Opinion

RYAN HADFIELD
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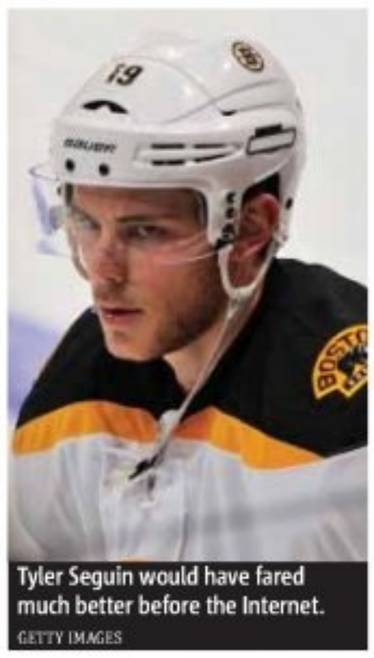
TYLER SEGUIN A VICTIM OF TODAY'S 'NOW!' GENERATION

We live as multitudes of ourselves. While the fabric of who you are remains the same, minute variables change depending on the setting.

How you act with friends differs from behavior in front of a significant other, your family or colleagues in the office. Your current environment doesn't necessarily control you, but it certainly has influence. A productive coworker may be a bad person in his personal life; just as, incongruously, a poor coworker could spend his weekends working at a homeless shelter. For most people in the world, that projection is controlled or, at the very least, hidden; whereas, these days, iterations blend into other facets in a professional athlete's life.

I often wonder how Babe Ruth's infamous partying would've altered his career arc had Deadspin been around to capture the magic. Along the same lines, how different is Mickey Mantle's legacy if photos of his legendary benders were documented on www.terezowens.com? I'm posing these questions because the Bruins cleverly leaked concerns over Tyler Seguin's lifestyle to the media days before trading him.

Organizations used to fear players showing up on the Web surrounded by girls who weren't their wives, with beer(s) in hand, and an ice luge



Tyler Seguin would have fared much better before the Internet.
GETTY IMAGES

in the background. But Seguin's circumstance isn't Brett Favre sending his Green Bay Packer to a team employee via text message. He was a 21-year-old being, well, a 21-year-old. And what I fear is how the curious leak of "professional problems" prior to Seguin's exodus from Causeway Street marks a paradigm shift in how teams deal with new media.

No one is arguing the Bruins got good or even fair return on Seguin's potential, yet no one is grabbing their pitchfork and questioning the move, either. Strangely enough, the trade of the most polarizing athlete in Boston since Antoine Walker was met with overwhelming neutrality. Never has indifference felt so poignant. The entire Seguin Experience was confusing like that, I suppose.

But talking about a 21-year-old's legacy feels foolish. He struggled in a lockout season and amassed just 8 points in 22 games in the playoffs (as a rookie, he had 7 points in 13 postseason games), but The Kid is only a year removed from an All-Star appearance and two removed from raising a Cup. In three years, his progression fluctuated. He's what happens when "good enough" is not enough. A victim of the "Now!" Generation, Seguin was a good player who was paid to be great. And he still has a chance to be with time on his side.

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Legal Notices

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. SU13P1430EA
Commonwealth of Massachusetts The Trial Court Probate and Family Court
Suffolk Probate and Family Court
24 New Chardon Street, Boston, MA 02114 • (617) 788-8300

Estate of: **Romeyn Everdell**

Date of Death: 1/03/2013

To all interested persons:
A Petition has been filed by:

Peter Everdell of Littleton, MA

requesting that the Court enter a formal Decree and Order of testacy and for such other relief in the Petition. And also requesting that:

Peter Everdell of Littleton, MA

a Will has been admitted to formal probate be appointed as Personal Representative (s) of the estate to serve **Without Surety** on the bond.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so you or your attorney must file a written appearance and objection at this Court before: **10:00A.M.** on the return date of **07/25/2013.** This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within (30) days after return date, action may be taken without further notice to you.

The estate is being administered under formal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but recipients are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration

WITNESS, Hon. Joan P Armstrong, First Justice of this Court.

Register of Probate

Date: June 19, 2013

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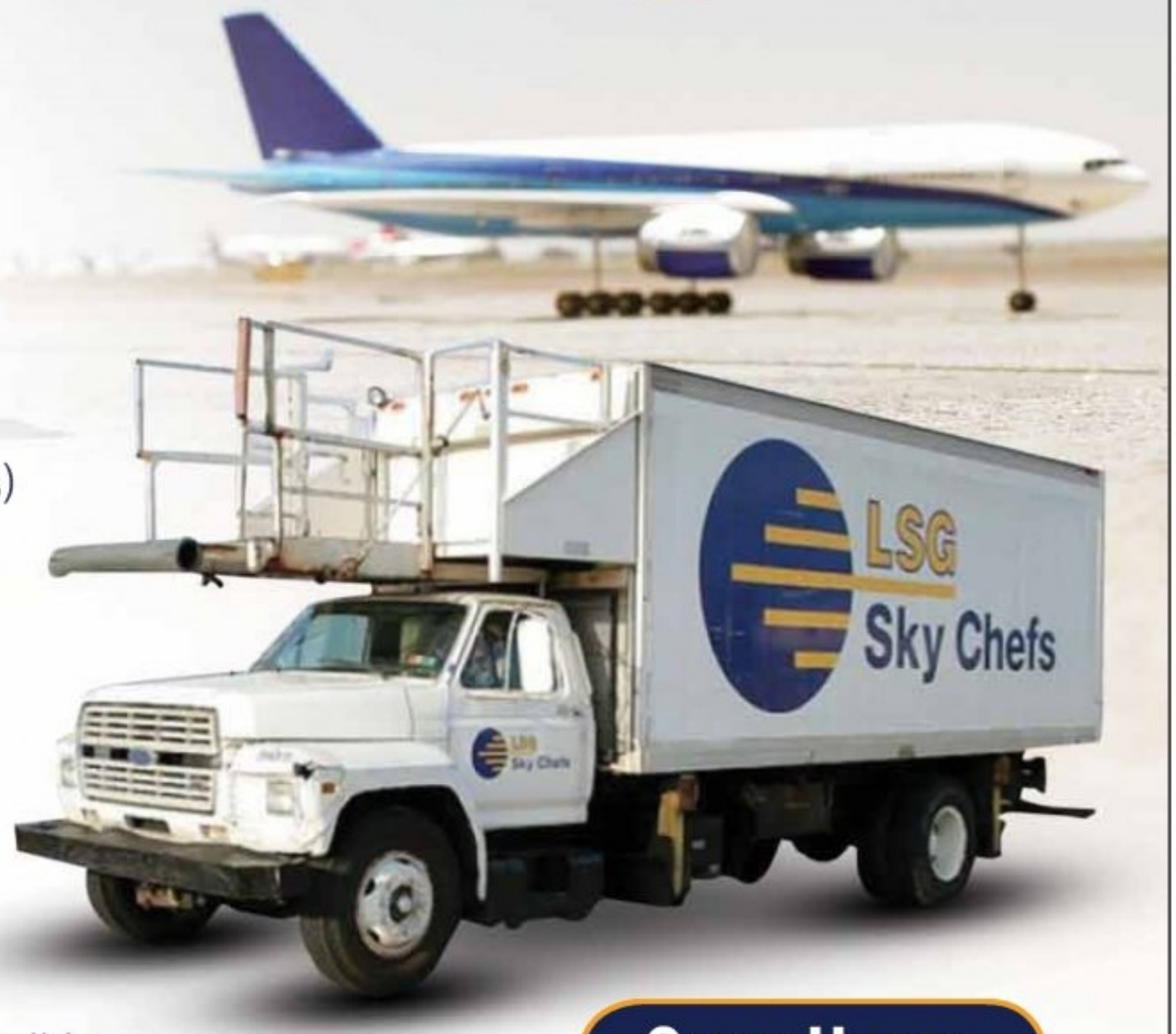

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